

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

The hemp hearts have helped in making me feel full and less interested in eating starches.

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When I have Hemp Hearts at breakfast, I will not be hungry until 1 or 2 in the afternoon. I am able to say "no" to sugary-starchy goodies at work. One day I had a breakfast meeting where McDonald's Eggs McMuffins were served with fruit. I snacked all day and felt very tired. I forgot my Hemp

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Often go without eating lunch till work is done after consuming hemp hearts - I do have a more enjoyable appetite for good food & tend to stay away from junk food more easily.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts have been a great hunger buster. I used to crave high carbs but am now satisfied with a small desert & even turn them down.

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Please describe your experience regarding hunger and Hemp Hearts:

5 Tbsp. EVERY MORNING - FILLING, HEALTHY & KEEPS ME FROM BEING HUNGRY + OVEREATING THE REST OF THE DAY.

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It is true, for me, that I do not feel very hungry at lunch time and am quite content with fruit or yogurt. And again, at dinner, the appetite, happily, is reduced.

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Please describe your experience regarding hunger and Hemp Hearts:

Before I started eating 5 tbs of hemp hearts - I was hungry before noon - now I am not hungry - but I eat a bowl of fruit or soup which easily takes me over to the evening meal.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat 4 tablespoons of Hemp Hearts w- my cereal & blueberries every morning. I do not get hungry by lunch time. I eat light at lunch time.